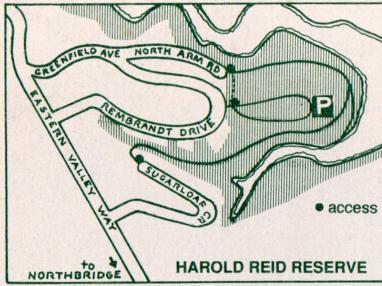




Harold Reid Foreshore Track



Harold Reid Reserve
Willoughby City Council



BIRDS TO WATCH

Superb blue wrens, grey fantail, eastern spinebill, striated thornbill, white-throated tree creeper, little wattlebird, red wattlebird, dollar bird, butcher bird, kookaburra, sulphur-crested cockatoo, rainbow lorikeet, scaly-breasted lorikeet.



RAINFOREST REMANT?

Notice the coolness and low light of this wet gully. Rough tree ferns abound along the creek, with stands of black wattle and clumps of coral, bats wing, screw and bracken ferns. The protected aspect, enriched soil and moisture encourages the growth of such species.



CASTLES IN THE SKY?

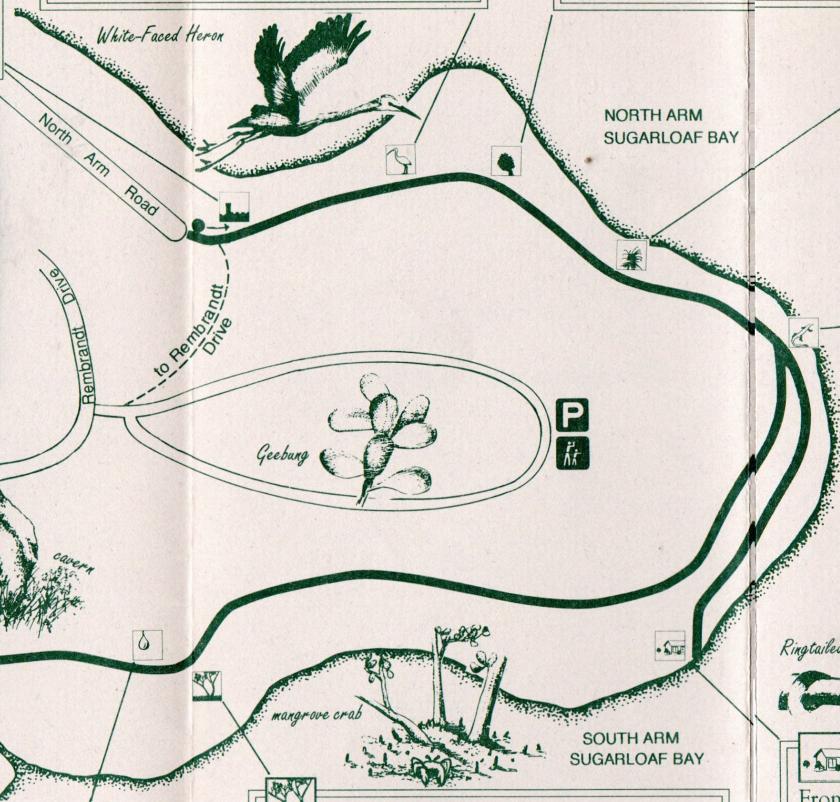
Catch a glimpse of the turrets of Innisfallen Castle. Built in 1905 by Henry Willis, this Federation Gothic house is listed on the Australian Heritage Commission's National Estate Register.

As you walk along this delightfully varied track, you pass through dry open woodlands, open forests and a wet gully with rainforest species.



WATER VIEWS

At low tide watch wading birds stalk their prey. Patient birdwatchers should spot cormorants, herons, spoonbills, egrets, ibis, ducks and silver gulls.



White-Faced Heron



DRY OPEN WOODLAND

Look up and around you. The well-spaced trees of angophora and black casuarina form an open woodland with a grassy understorey, dotted with grasstrees.



Angophora



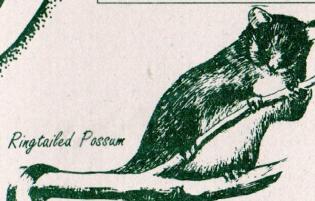
SURROUNDED - BY PLANTS

As you walk down the track, watch for changes in plants. As well as the trees of casuarinas, bloodwoods and angophoras, look for the varied understorey of Christmas bush, geebungs, mountain devil, hakea, grevilleas and coral ferns.



SURROUNDED - BY ANIMALS!

Animals abound here - look for clues, such as the oysters and crabs below, termite tree nests, possum scratches on trunks, lizard rustles, echidna diggings and bird calls.



0 100 metres

SANDSTONE CAVERNS

These small caves are typical of those formed in the local Hawkesbury sandstone, as water percolates slowly through the rock layers, dissolving salts and leaving hollows.



MANGROVES

Look through the trees to the mangroves below on the mudflats. These healthy specimens of grey mangroves are vital sediment filters and form an important habitat and breeding area for birds, fish and invertebrates.



BUSHLAND THREATS

From here you can see the threats to natural bushland - weeds escaping from gardens and siltation of the stream by soil washed from above. What you cannot see is the death dealt to native birds and lizards by roaming cats and dogs.

Open Forest

In the sheltered areas of the reserve, trees are more numerous and have shrubs as an understorey. As well as angophoras, there are eucalypt trees of black ash with rough furrowed bark, and grey gums - their trunks marked with mottled patches. Other trees here include Christmas bush, blueberry ash and lillypilly.

Wet Gully

Remnant rainforest species grow along the sheltered moist creek line on the southern side of the headland. Here black wattle and tall specimens of rough tree fern, tower over a ferny understorey of coral, soft bracken, bats wing and screw ferns.

WILDLIFE SIGNS

An army of native animals either visit or live in the reserve. Insects, spiders and worms abound, leaving clues such as nests or trails, webs or burrows. Slithering tracks in the sand, or rustling in the leaves show the presence of lizards such as bearded dragons or eastern blue-tongues. Shore birds are often seen, while eastern whipbirds, tree creepers, kookaburras, sulphur-crested cockatoos or currawongs may be heard in the forest.

Ringtailed possums are common animals here. They are nocturnal, but you can spot their large spherical nests of bark, twigs and grass, propped between tree branches. Signs of another possum, the sugar glider, may be seen where they have bitten into trunks to get sap. Look for the red sap oozing from eucalypt trees.

HUMAN SIGNS

Aborigines harvested the natural resources of the headland, feasting on the abundant shellfood, which remains as middens. Help protect these sites, by not disturbing them.

As the physical signs of the reserve suggest, the area was named after Harold Reid, a Town Clerk with Willoughby Council, in recognition of his outstanding contribution to the community.

YOUR 'BIT' FOR THE BUSH

Help care for your Bushland Reserves:

- Keep on the track - to stop erosion
- Carry out all rubbish - keep reserves clean
- Look at wildflowers and plants - but never pick them
- Quietly watch native animals - do not disturb them
- Leave dogs at home - so native animals are not scared away
- Keep weeds out - never dump grass clippings or weeds

Public Transport

Catch a State Transit Bus 275 from Chatswood Station to Rembrandt Drive, Middle Cove (limited service weekends), or take any Eastern Valley Way bus and get off at Middle Cove

Discover other Bushland Reserves

Have you explored these areas?
North Arm Walking Track
Ferndale Park

More Information

Parks and Recreation Division
Willoughby City Council
PO Box 57 CHATSWOOD 2057
Phone: 412 9100

References

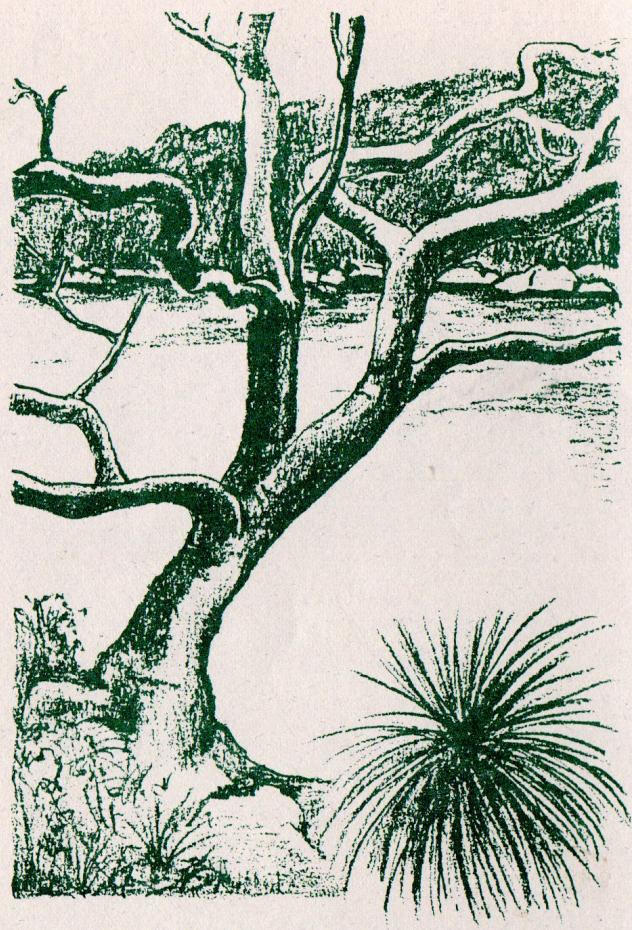
Elliot R & Blake T (1988) 'Plant Identikit: Common Native Plants of North Sydney' Pioneer Design Studio

Sainty G, Abel P & Jacobs S (1989) 'Burnam Burnam's WILDthings around Sydney' Sainty & Associates

Please note:

For your safety - on days of Total Fire Ban the reserve is closed.

Produced by Willoughby City Council - 1991



Harold Reid Foreshore Track



Harold Reid Reserve
Willoughby City Council

EXPLORE HAROLD REID FORESHORE TRACK

Enjoy natural waterfront bushland, featuring different plant communities, splendid sandstone scenery, varied shore birds, wildflower displays and fascinating forest animals.

Track length: 5 km return

Time needed: around 1 hour

Grade: easy - medium

BARREN BEAUTY?

The reserve's headland of waterfront bushland is formed from rocky beds of Hawkesbury sandstone, with thin layers of shale and mudstone. Interesting caverns may be found in the sandstone, which has been slowly sculptured by seeping water. The rocks break down to an infertile soil, which supports plants that are adapted to the 'barren' local conditions.

PLANT COMMUNITIES

The track winds past a variety of plant communities, which range from mangrove, woodland, open forest to rainforest species in a wet gully.

Mangroves

Around the shoreline, the grey mangroves rise out of the mudflats that have been formed from sediments washed downstream. These estuarine forests swarm with microscopic life, which feed the crabs, prawns and fish. In turn, these creatures are swallowed, pecked or pounced on by reptiles, birds and mammals.

Woodlands

On land, scattered trees grow through the grassy understorey which features spectacular sprouting grasstrees. The main woodland trees include angophoras, with their smooth twisted trunks, and black casuarinas whose long fine needles form a soft spongy surface underfoot. Sydney peppermints (that have rough grey fibres on their lower trunks, but smooth pale branches) and red bloodwoods (with tessellated bark) are the other trees here.